

September

NEWSLETTER

2008

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

- Arts & Crafts
- Cultural Programs
- Daily Lunch
- Educational
- Exercise
- Health Services
- Information & Referral
- Recreation
- Socialization
- Transportation
- Travel
- Volunteer Opportunities
- Open Monday through Friday 8:00-4:30

Family Concert - Monday, September 8 - 7:00 PM

Enjoy free entertainment by *Last Night's Fun* on Monday, September 8 at 7:00 PM in the backyard of the Heritage Center. Dinner is available to purchase before the event from 5:30-6:45. Dinner tickets are \$5 in advance or \$6 at the door. Choose a Hamburger or Rib meal or bring your own picnic if you'd like.

Last Night's Fun has played Irish Music since October of 1995 and has performed at all major arts festivals throughout Utah. Instrumentation includes fiddle, hammered dulcimer, guitar, bouzouki, tin whistle, bodhran. Their styles are traditional and have been studied by the musicians for the better part of their lives. The entertainment is made possible by the Murray City Cultural Arts Department.

Fall Colors - Tuesday, September 30 - 9:30

Enjoy a drive up Little & Big Cottonwood Canyons on a chartered bus to see the fall colors on Tuesday, September 30. Stop at Silver Fork Lodge for lunch. Details on page 13.

October Boutique - Friday, October 17 - 10:00-5:00 PM

Vendors may sign up now to sell their handmade crafts at the Heritage Boutique scheduled for Friday, October 17. The cost is \$25 per table and tables are limited. The public is invited to come and shop on October 17. Details on page 7.

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.



Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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Newsletter Cost

The suggested donation for this publication is .75¢. Subscriptions are available for \$18 per year and mailed to your home. □

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available at the front desk. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. □

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not being held. There is no charge to use the computers during open lab time (printing is .5¢ per page.).

Welcome to two new volunteers teaching in the computer room. Ken Stracke and Bill Park are the new computer instructors. They both come with a long history of working with computers. Because they are volunteers, the cost for classes will be reduced to a nominal fee to cover other costs. Thank you Bill and Ken and welcome aboard!

September Schedule:

Basic I

Class for the person who is still a beginner with either using the computer or using windows. A brief outline is available at the front desk. Mon., Tues., Thurs., Sept. 15, 16, 18, 22, 23, 25 - 9:00-10:00. Cost is \$15.

Individual Help

Sign up for a one on one lesson with instructor Ken or Bill. Sign the interest list at the front desk and we'll arrange a time that works for everyone. The cost is \$5 for a one on one session.

Basic Internet

Learn how to "surf" the world wide web and gather information on just about anything. Mon., Tues, Thurs., September 8, 9, 11, 10:30-11:30. Cost is \$5.

Basic Excel

Learn the basics of the microsoft spread sheet program Excel. Must have basic computer knowledge. Tues., Thurs., September 16, 18, 23, 25, 10:15-11:45. Cost is \$5.

Other Possible Classes:

Sign the interest sheet at the front desk if interested in any of the following to be offered in October:

Basic I - 6 sessions

*Basic II - 6 sessions

*Basic III - 4 sessions

* Basic Excel - 4 sessions

Keyboarding - 4 sessions

*Basic Email - 3 sessions

*Intermediate Email - 2 sessions

*Basic Internet

*Flyers - 2 sessions

*Movie Maker - 5 sessions

Intro to Scanners - 1 session.

*Music on the computer - 1 session.

*Greeting Cards - 2 sessions.

*Genealogy - 4 sessions.

Classes with the * astrict require a prerequisite of Basic I or computer knowledge of using a mouse and navigating around in windows before taking the class.

If you are interested in a subject not listed above, see Susan and she will work on developing a new class.

□

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who need access to a computer. Lab volunteers are on hand on **Wednesday and Friday** from 9:30-11:30 when class is not scheduled.

Call to make sure the lab volunteer has arrived before making a special trip. Stop by and ask Glen (Wednesday) or Gordon (Friday) for help! □

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wed., Sept. 10 at 1:30.**

Thank you Tom Manak, HUGS volunteer, for arranging the great speakers. The group meets every month on the second Wednesday at 1:30 p.m for a presentation and swapping information. No fee, the club is free! □



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



September Clinics

Brain Bumper

Wednesday Sept 17, 24, Oct 1, 15, 22, 29 @ 10:30

Toenail Clipping

Thursday October 2 @ 9-10:30

Chronic Conditions

Thursday Oct 2 @ 12:30-2:30

Medicare Open Enrollment

Wednesday October 8 @ 10:30

Toenail Clipping October 2 @ 9:00-10:30

Thursday, October 2 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care provides the service every other month from 9-10:30. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Living Well with Chronic Conditions - Six week Class starting Thurs, October 2 @ 12:30 - 2:30

This workshop is a self management program for older adults with a chronic condition or older adults who have a relationship with someone who has a chronic condition. You will learn how to take control of your life and be taught the skills needed to manage your chronic condition. This workshop runs six weeks, on **Thursday, October 2, 9, 16, 23, 30, November 6, and 13. Class time is 12:30 - 2:30. Registration required.** A minimum of eight students are needed to run this class. This workshop will be taught by Salt Lake County Aging Services, and is free of charge.

Subjects to be covered in the class include 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition and, 6) how to evaluate new treatments. □

10th Annual Senior Expo October 10 - 11

The expo will be held at the South Town Expo Center. Event hours are 8 - 5 on Friday October 10, and 8 - 4 on Saturday October 11. The Heritage Center bus will provide transportation on Friday, October 10 at 8:30 AM. Registration begins at 7:30 AM on Friday, and at 7:30 AM on Saturday. Older adults, family members, and caregivers have an opportunity to obtain a variety of free/low cost health screenings and learn about community and private sector resources.

This year the Senior Expo will feature in addition to flu shots and low cost/free health screenings booths: "Staying In The Game" Caregiver Conference (\$15 fee to include breakfast and lunch); Advanced Directives – Utah's new form of living will; "Arthritis Alley" special area of the show dedicated to arthritis wellness; Voting electronically (try out the machine); Medicare Prescription assistance; and the return of a virtual Golf Simulator with Salt Lake County Golf Professionals.

Friday, October 10 - The public is invited to attend a "Film Festival" free of charge. This year's films are "Living Old" at 11:00 AM., "Away From Her" at 1:00 PM., "Just In Case – Emergency Preparedness for Seniors" at 2:30 PM. and "Dutiful Daughter" at 3:00 PM.. These films will be screened in Room 300. For more details visit www.seniorexpo.org. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$15 per month, punch pass, or \$3

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

Newcomers must attend the orientation at 1:30 on September 2

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace-instructor

\$10 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday

10:30 - 11:30

Michael Dussere - instructor

\$15 per month, punch pass or \$3

NIA

Mondays & Fridays

9:00 - 10:00

Sadie Perkins & Sharon Daurelle-instructors

\$20 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 12 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:45

Shirlene Lundskog - instructor

\$1.50 per class

PILATES

Fridays 10:00-11:00

Becky Clark -instructor

\$10 per month, punch pass, or \$3

MISC...MISC...MISC...

LIBERTY SCHOOL

Liberty School 3rd grade students will be paired with Heritage Center volunteers as this annual program starts anew in September. Volunteers are asked to commit for the 2008-2009 school year (Sept - June) and respond to their student's letters which arrive at the Center every two weeks. The children are extremely excited to receive letters which are limited to no more than one page and generally include information on your personal interests, pets, hobbies, and other questions which the children may ask.

At this point in the student's education they are beginning to write in complete sentences but have not yet learned how to write in cursive (script). You will be asked to provide hand written (printed) responses. Pen Pal letters will be delivered to the Center and your response will be returned there during the following week. It takes 2 weeks for one cycle of letter writing and the volunteer will write two letters each month. In the event you will be out of town, a spare letter can be written and left at the Center or you may ask a friend to fill in during your absence.

Please sign the interest sheet at the front desk and receive further information. ☐

Aerobics - Tuesday, Thursday - 9:00

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things means that your body works more efficiently to keep you healthy. You will also find that exercising becomes easier, and physical activity becomes less tiresome. Join our Aerobic class every **Tuesday and Thursday from 9-10**. Do not forget that your heart is a muscle, and that it looks to you for the aerobic exercise it needs. ☐

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives. □

Wednesday, October 8 - 10:30

Medicare Open Enrolment Coming Soon

Please join us on October 8 at 10:30, to learn about all of the changes for Medicare in 2009. Learn what the new premiums will be, new deadlines, and what changes are in store for your Medicare Part D plan (drug plan).

A representative and Medicare expert from Sterling Insurance Group will be presenting this class entitled "Medicare 101." This class will include a discussion on all four parts of Medicare, advantage plans, as well as the different supplemental plans available.

All those who attended the class will have their Heritage Center lunch paid for by Sterling. If you plan on attending please call or stop by an make a reservation. □

Wednesday, September 17 at 1:00

Lets Talk - Reading and Discussion Group Resumes on New Date and Time

Let's Talk, the center's reading and discussion group resumes in September. If you have been looking for a reading and discussion group, look no further. This is a fun, open, and laid back group. If you have felt intimidated and thought a reading and discussion group would be over your head, think again. If you can read and participate in an active discussion, everyone is welcome.

The discussion leader will be Charlotte Cox, a long time participant of the center, and a past leader of the Murray Library book discussion group. There is a recommended one time donation of \$5.00 to help with shipping costs. The discussion books come from the Utah Humanities Council Lending Library.

Discussion dates will usually be the third Wednesday of the month at 1:00 in the afternoon. Participants can check out books directly from the center at no cost. **Books need to be returned no later than the first Friday after the discussion date.** Participants are responsible for all lost books. Discussion dates are as follows:

September 17 - *Davita's Harp* by Chaim Potok. For Davita Chandal, growing up in the New York of the 1930s 40s is an experience of joy and sadness. Her loving parents, both fervent radicals, fill her with the fiercely bright hope of a new and better world. But as the deprivations of war and depression take a ruthless toll, Davita unexpectedly turns to the Jewish faith that her mother had long ago abandoned.

October 15 - *Out of Africa and Shadows on the Grass* by Isak Dinesen. This one volume contains both *Out of Africa*, the well-loved story of Isak Kinesen's struggle on her coffee plantation in Kenya and additional stories and reminiscences about Africa gathered under the title *Shadows on the Grass*. The author's poetic images and language make her book a delight to read. For a full list of dates and titles, please see the front desk. □

Mon/Tues/Thurs 8:30-12:00

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

CLASSES...CLASSES...

Wednesday, September 17 - 12:30

Brain Bumper Class

Interested in taking a fun class designed to keep your mind active?

Then join us for some light hearted fun as we explore ways to get our brains moving with brain teasers and puzzles meant to enhance recall and increase memory. Class meets Wednesday at 12:30 on Sept. 17, 24, Oct. 1, 15, 22, 29

Everyone knows how important it is to exercise the body and the benefits we see from exercising the mind are the same. By exercising the mind we keep neuro pathways active, reduce the chances of dementia and Alzheimers, reduce aging of the brain, and improving memory. □

Wednesday, September 24 - 11:00

Reverse Mortgages: Separating Fact from Fiction

Are you feeling the financial pinch? You're not alone! Financial experts from Avalon Home Lending will be on hand on **Wednesday, September 24 at 11:00** to discuss "Reverse Mortgages: Separating Fact from Fiction." They will answer all of your questions regarding Reverse Mortgages and help you identify if it is a good thing for your situation. No reservation required. □

RECREATION...RECREATION...RECREATION...

Friday, October 17 - 10:00-5:00

October Fall Boutique

The Center is looking for vendors to participate in our annual Fall Boutique. If you are a crafty person and would be interested in selling your items, applications and guidelines are available at the front desk. This is a fund raising event for the center.

The cost is \$25 a table. All proceeds from your sales the day of the boutique will be yours to keep. You will be responsible for paying taxes on the dollar amount you sell. There are a limited number of tables, sellers will be accepted on a first come first serve basis. Turn your application in today, and start preparing your crafts. □

George's

Heart-Healthy Breakfast Club

Each Wednesday morning, **through September 24**, from 8 to 10 a menu of heart-healthy items will be prepared for your breakfast enjoyment. Eggbeater omelets, toast, cold cereal, whole wheat pancakes, fruit, and skim milk will be served on the patio by volunteer chefs Ron and Moose. Cost of the breakfast is \$4 and coffee and tea will be available at no additional charge. Advanced registration is not required. □

Season nears finale

Heritage Golf League

The Heritage Golf League is conducted for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who participate. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$5 is paid when registering for the first tournament played. The data below reflect the date of play, shotgun start time, course to be played, and tournament fee.

9/8 - 8:00 Glen Eagle -\$39

9/22 - 8:30 Murray -\$35

9/29 - 8:30 Meadowbrook.\$33

10/6 - 5:00 PM Golf Banquet-\$4.00 golfer/\$8 guest

Wednesday, September 3

Birthday Wednesday!

The Center will be celebrating all of the September birthdays on **Wednesday, September 3**. Each month we celebrate birthdays on the first Wednesday of the month. Lunch is served at noon and advance reservation are needed. Those who attend the Birthday Lunch will be eligible for a drawing to receive a free lunch and of course enjoy birthday cake. If you come and celebrate on Birthday Wednesday the month you turn 60, 70, 80, 90..., the lunch is on us (just tell the person collecting money you have reached a new decade). October birthday lunch is **Wednesday., October 1.** □

MONDAY

TUESDAY

Heritage Center Events

Heritage Center

#10 E. 6150 S.
(west of State Street)
264-2635

we are here to serve you

Monday-Friday
8:00-4:30

**CENTER
CLOSED**

8:00 Golf @ Glen Eagle
8:30 Ceramics
9:00 NIA
10:30 Basic Internet
12:00 NO Lunch
1:00 Movie
5:30-6:45 Dinner
7:00 Family Concert



8:30 Ceramics
8:30 Health Screening
9:00 NIA
9:00 Basic I
12:00 Lunch
1:00 Movie
5:00 Patio Party and
Concert

First Day of Fall

8:30 Golf @ Murray
8:30 Ceramics
9:00 Basic I
9:00 NIA
12:00 Lunch
1:00 Movie



8:30 Golf @ Meadowbrook
8:30 Ceramics
9:00 NIA
12:00 Lunch
1:00 Movie



8:30 Ceramics
9:00 Aerobics / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dancing

8:30 Ceramics
9:00 Aerobics / Haircuts
9:30 Sundance Trip
10:00 Outreach Worker
10:30 Basic Internet
10:15 Line Dancing
10:30 Tai Chi / 11:00 Canasta
12:00 Lunch / 12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dancing

8:30 Ceramics
8:30 Wendover Trip
9:00 Aerobics / Haircuts
9:00 Basic I
10:15 Line Dancing
10:30 Tai Chi / Basic Excel
11:00 Canasta
12:00 Lunch
12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dancing

8:30 Ceramics
9:00 Aerobics / Haircuts
9:00 Cabela's Trip / Basic I
10:15 Line Dancing
10:30 Tai Chi / Basic Excel
12:00 Lunch
12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dancing

8:30 Ceramics
9:00 Aerobics / Haircuts
9:30 Fall Colors Trip
10:15 Line Dancing
10:30 Tai Chi
12:00 Lunch
12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dancing

Heritage Center

WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> 8:00 Breakfast 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch & Birthday Wed. 12:45 Bingo 1:00 Bridge	<div>4</div> 8:00 Hiking Group 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:30 Tai Chi 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Wtt Watch/CareShare 7:00 Dance	<div>5</div> 9:00 NIA 9:30 Computer Lab 10:00 Pilates 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>10</div> 8:00 Breakfast 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:30 HUGS	<div>11</div> 8:00 Hiking Group 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:30 Basic Internet 10:30 Tai Chi / 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance 7:30 Ute RC Club	<div>12</div> 9:00 NIA 9:30 Computer Lab 10:00 Pilates 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>17</div> 8:00 Breakfast 9:30 Pinochle / Computer Lab 11:00 Attorney 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Brain Bumper Class 1:00 Bridge 1:00 Let's Talk	<div>18</div> 8:00 Hiking Group 8:30 Ceramics 9:00 Aerobics / Basic I 10:00 Blood Pressure/Glucose 10:30 Tai Chi / Basic Excel 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance/ Acoustic Music	<div>19</div> 9:00 NIA 9:30 Computer Lab 10:00 Pilates 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>24</div> 8:00 Last Breakfast 9:30 Pinochle / Computer Lab 10:15 Yoga 11:00 Reverse Mortgage 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Brain Bumper Class 1:00 Bridge	<div>25</div> 8:00 Hiking Group 8:30 Ceramics 9:00 Aerobics / Basic I 10:00 Blood Pressure/Glucose 10:30 Tai Chi / Basic Excel 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance/ Acoustic Music	<div>26</div> 9:00 NIA 9:30 Computer Lab 10:00 Pilates 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>Newsletter</div>		<div>9</div>

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Summer Hiking!

The center's hiking group for the active participant is ready for Fall. This group meets every Thursday at 8:00 AM to explore the beautiful mountain trails we have in the Wasatch area. Russ Mandeles is the volunteer leader for this group.

If you plan to hike with the group, just a couple of reminders: bring a hat, wear your sunscreen and mosquito repellent, bring plenty of water, and bring a snack. Make sure you have a good pair of hiking boots or quality athletic shoes, and a light jacket depending on the weather. You might want to also think about bringing some type of walking stick. The schedule for September will be as follows, weather permitting:

Sept 4 - Hike to Big Mountain, about 4 miles. Elevation gain is about 600-800 feet.

Sept 11 - Upper pipeline Trail, Mill Creek Canyon up to Elbow Fork to Church Fork. About 5 miles down hill.

Sept 18 - Dog Lake up Mill Creek Canyon about 3.3 miles with an 800 foot elevation gain.

Sept 25 - Mill Creek Canyon, Elbow fork to Terrace picnic grounds. Three and half miles with about an 800 foot elevation gain. Depending on weather, this hike may be changed.□

Mondays at 1:00 - FREE

Monday Movies

Movies are shown in the dining room or computer lab on the large screen. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

Sept 8 - **Bonneville** (2008) PG. Three women take a road trip to Santa Barbara in order to deliver the ashes of one of their dead husbands to his resentful daughter. Starring Kathy Bates and Jessica Lange. 1 hr 33 min.

Sept 15 - **Bucket List** (2007) PG - 13. Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die. 97 min.

Sept 22 - **Nims Island** (2008) PG. A young girl inhabits an isolated island with her scientist father and communicates with a reclusive author of the novel she's reading. 95 min.

Sept 29 - **Irma laDouce** (1963) PG. Comedy about a Parisian policeman who becomes the lover (and unwilling pimp) of a carefree street-walker. After falling in love with her, the officer conspires to limit her occupation by taking on an alter-ego, "Lord X", to serve as her sole client. Adapted from a successful musical. Starring Jack Lemmon and Shirley MacLaine. 147 min.

*Movie titles subject to availability.□

Annual Event for 2008

The Oktoberfest will be held on **Tuesday, October 14**, from 11:00-1:30. The cost is \$8 and includes a German Style meal, pretzels, root beer, and entertainment. The party has been sold out every year since 1989. Tickets go on sale September 23 and reserved seating is available. Each table seats 8 people and all or any portion of a table may be reserved at the time of ticket purchase. Sign up starts September 23.

Everyone's favorite German band, **The Salzberger Echo**, brings music of the Alps to the Center playing Old World Folk and traditional music of Germany, Austria, and Switzerland. Dressed in costumes of the regions, playing instruments including the Swiss cowbells and the twelve foot alphorn, and yodeling in harmony, the band is enjoyable to hear and exciting to see.

Singing and costumes are encouraged. Make reservations early and bring your friends to this fall festival of music, food, and friendship.□

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. High scores for June were: *Leo Layo 567, Louise Jensen 503, Chuck Summers 502, Jim 620.*

Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. High scores for June were: **Wednesday** - *Shirl 87, Jean Morris 83, Dave 81, Ann Montague 89, Dave & Georgette 80.* **Friday** - *Arnold Paulsen 95 and 78, Dick 79.*

Canasta Games - Tuesdays 11:00 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

Thursdays 1:00-2:30

Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

1st & 3rd Thursday at 12:45

Red Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., Sept. 4 & 18. Information sheets available at front desk. □

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Tuesday, Sept. 16 - 8:30

Wendover

Travel to Wendover on **Tuesday, Sept. 16**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is \$5 per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip now. **Sold out**

Wednesday, October 1 - 9:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "2ndBest Breakfast in Utah". The bus will depart the Center at 9:00 on Wednesday, October 1 and return about 12:30 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip.

Friday, October 3 - 9:00

Kingsbury Hall "Momix" Dance

Once again, Kingsbury Hall at the University of Utah is offering free attendance at the educational matinees for senior centers. This year's opening performance is *Momix*. The dancers/illusionists move across the stage like modern art in motion and dance with the ease of moving through water like caterpillars and crabs. *Momix*'s inventive and unusual performances use colorful props, lights, shadow, humor and storytelling combined to cast a spell on the audience.

The Center bus will depart at 9:00 for the 10:00 performance and will return to the center in time for lunch. Cost for the activity is \$3 and you may register at this time.

Upcoming performances of the Educational Matinees includes: Nov. 7, the African Children's Choir; Nov. 20, Captain Bree and Her Lady Pirates; Feb. 5, Cedar Lake Contemporary Ballet Company; Feb. 27, Sweet Honey in the Rock; April 3, The Jungle Book; May 21, Utah Hispanic Dance Alliance. Watch future newsletters for specific details.

Tuesday, September 23 - 9:00

Cabela's Outfitters Tour & Shopping

The huge green building just south of the Point of the Mountain is a part of the national chain of Cabela's Outdoor Outfitters. Located within the 150,000 sq. ft. facility are outdoor exhibits, a walk-through aquarium stocked with species of Utah's game fish, a mountain covered with wildlife representations, a stream with live trout, and outdoor equipment including hunting, camping, hiking, fishing, archery, boating and other outdoor activities.

You may also wish to shop in the extensive area of outdoor clothing, try your aim in the shooting gallery, look through the hundreds of items in the souvenir gift shops, or treat yourself to a snack or deli item in the cafe.

The Center bus will depart at 9am and will return to the center in time for lunch. Cost for this activity is \$3 and includes a guided tour of the facility. You may register for this activity at this time.

Trip Tips

☐ Don't forget trips need to be paid when making the reservation. You may make the reservation for yourself and one other guest. ☐ Dress in layers because some people get hot and some get cold. ☐ Return times are approximate times and may vary depending on traffic and other circumstances. ☐

MORE TRIPS...MORE TRIPS...MORE TRIPS..

Sundance Resort - Tuesday, Sept. 9 - 9:30

Join the center on **Tuesday September 9** for a trip to Sundance Resort. The bus will leave the center at **9:30**. The cost of this rewarding outdoor experience is \$15 with a box lunch and cold water provided OR \$8 and lunch is left up to your choice at the resort. You may sign up for this trip at this time.

The lift, which takes skiers to the various runs during the winter, will provide a panoramic view of the mountain as you ride to the top of Ray's summit. Breathing taking views of Mount Timpanogos and the Sundance Resort will entertain you for the better part of an hour in the open lift chair...sun screen and a hat are recommended. The day includes time to visit the Art Center. The artistic work of past "Artist in Residence" will be on display.

Lunch will follow the lift ride. Box lunches from Kneader's Bakery will be provided, if you select that option, and one may select from a ham, turkey, or roast beef sandwich. **OR**, you may enjoy a light lunch at the Sundance Deli while sitting on the deck outside or up on the mountain side. The deli offers sandwiches, wraps, pastries, and more. **OR**, a more complete selection of lunch items is available at the Foundry Grill where menu items begin at about \$10. After lunch the Sundance General Store will present the opportunity to do a little shopping. The store offers a variety of Native American crafts, clothing, jewelry, and sundance logo items.

Fall Colors - Tues., Sept. 30 - 9:30

The Center's annual Fall Colors trips will take place on **Tuesday, September 30**. The bus will leave at **9:30** and return approximately at 2:30. Cost for this trip is \$28.00. This year the center will travel on a chartered bus up Little Cottonwood Canyon to Snowbird Ski Resort where we will stop for a brief look around. The bus will then continue over to Big Cottonwood Canyon to Brighton Ski Resort. The bus will turn around at Brighton and head back down the canyon for a leisurely lunch and then home.

Lunch will be at the Silver Fork Lodge. If the weather is good we will be eating outside, so bring a light jacket and sunglasses. Lunch choice is Turkey Tenders with mashed potatoes, gravy, and a salad, OR a Philly Steak Sandwich on sourdough bread with fries. Both lunches come with your choice of Blackberry Cobbler ala mode or Apple Crisp ala mode.

The Silver Fork Lodge offers year-round lodging and a full service restaurant. The Silver Fork has become famous for their hospitality and authentic homemade meals, a 50 year old sourdough pancake starter, as well as a succulent "Canyon Pepper Steak." The Lodge is one mile from Solitude Ski Resort and three miles from Brighton Ski Resort. The deadline to register is September 15. □

MISC...MISC...MISC...

Participant Cards

The new participant cards are getting closer to reality. The computer software has been installed and the staff are currently being trained on how to use the system. Look for information next month on how you can get your participant card. Everyone who attends the Center will be asked to get a participant card that will be scanned each time you attend the Center. If you choose not to get a card you will be asked to sign in each time you come through the front door (card will be much easier!) We will test things the next few months and start the new process in January 2009. □

Ten Rules for Making Every Day a Great Day

- 1 Think that good things will happen.
- 2 Express gratitude to a loved one.
- 3 Put your gripes away in a box.
- 4 Be patient with an annoying person.
- 5 Do something special for yourself.
- 6 Reach out to someone who needs comfort.
- 7 Focus deeply on each moment.
- 8 Learn from a mistake.
- 9 Look closely at a flower or tree you haven't noticed before.
- 10 SMILE □

THURSDAY EVENING...THURSDAY EVENING...THURSDAY EVENING....

Thursday Evening open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, play cards or shoot a game of pool. Scheduled programs include Weight Watchers & Thursday evening dances.

Thursday Evening Weight Watchers

Join the Heritage Center Weight Watcher Group on Thursday evenings at 5:30 PM with group leader Kim Evans. Cost of the 12 week program is \$113. You may join the group at any time and members from other locations and Lifetime members are invited to join the group. For further information contact the Center at 264-2635.

Evening Social Dance

Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**. Cost of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prize. Our sincere thanks to July sponsoring agencies:

The Coventry Retirement Communities
Olympus Ranch Retirement Living

Caring & Sharing Support Group Thursday, September 4 @ 5:30

Caring and Sharing is a new support group offering in partnership with Harmony Home Health and Hospice. This support group offers a unique opportunity for yourself or someone you know to talk about those experiences we all have in life. If you have experienced emotional pain, loss, struggles, or just need a place to work through your troubles, give Caring and Sharing a try. □

Ballroom Dance Instruction on Thursday Evenings

This opportunity exists for those who wish to improve their ballroom dance techniques or to learn the specific skills involved in swing, cha-cha, waltz, rumba and others. Ballroom dance instructors Steve and Kathy Rogers will be available at 6:30 each Thursday evening to assist those who seek instruction for 30 minutes preceeding the Social Dance. They will also be on the floor during the evening to dance with individuals or couples who could benefit from personalized instruction. Admission to the dance is \$4 and includes the instruction provided by the Rogers. □

Remote Control Aircraft Club Meets

The Ute Radio Control Association met at the Center on Thursday, August 14, and 35 members shared flying stories, displayed member's aircraft, enjoyed pizza and rootbeer, gave away many door prizes, reviewed upcoming activities, and discussed items related to the club's functions.

The club will be meeting at the Heritage Center on the second Thursday of each month from 7 to 9 pm. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level, and those who are interested in watching the activity please join us. □

SERVICES...SERVICES...SERVICES...SERVICES...

Tuesday, September 9, 10:00

Outreach Worker

Salt Lake County Aging will be sending an Outreach Worker every month to the center. They will be at the center on **the second Tuesday of every month** at 10:00 to answer any questions you may have regarding county programs, assisted programs, or services in your area. Appointments are required and can be made anytime at the front desk. There is no charge for this service. □

Wednesday, September 17

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, September 17** at 11:00. Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Transportation

The Center bus runs on Wednesday and Friday to provide transportation to Murray residents. The cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. □

Tuesdays from 9:00-1:30

The Barber Shop is Open

The Center is offering haircuts for men and women on Tuesday mornings from 9 - 1:30. Cost of the service is \$3. Only haircuts and trims are being offered. The barber is Vicki Fenstermacher who has many years of experience cutting hair in her own shop, at Great Clips, and Super Cuts. Vicki is now retired and looks forward to sharing her skills and chatting with the Center's participants. Haircuts will be scheduled by appointment, every 20 minutes, from 9:00 and finishing at 1:00. Sign up for your appointment and pay the \$3 fee at the front desk. □

Fridays 11:30-4:00

Massage Therapy

Massage Therapy is held on **Fridays from 11:30 -4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund. Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate. □

MISC...MISC...MISC...

AARP Chapter #402

VOLUNTEERS NEEDED FOR AARP!!!

Volunteers are needed to serve on the board of AARP Chapter #402. If you are interested in serving on the 2009-10 AARP Board please give your name and number to Barbara Woolsey, Rosalie Webb, Pat Lawrence. For questions call Barbara at 262-4719. □

Newsletter Donations

Thank you for your newsletter donations. The cost to print the newsletter is .75 cents per issue so your contribution is appreciated! Subscriptions are available for \$18 a year.

COTTONWOOD CREEK RETIREMENT COMMUNITY

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*A special Thanks to
Cottonwood Creek for
providing the shrimp
cocktails for the Volunteer
Banquet in June! Stop by and
say Thank You!*

September 2008 - Menu

Salad Bar

\$3-Large, \$1.50-Small

NO RESERVATION NEEDED

Make reservations by 12:30 the day before by calling **264-2635**

No reservation needed for the Salad Bar

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for 55+ - Drinks - .50¢ - Takeout Meals - \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
Center Closed 1	MEAT LOAF 2 Baked Potatoe Vegetable, Roll Sweet Dessert OR Fruit	MALIBU CHICKEN 3 Baked Potatoe Roll Sweet Dessert OR Fruit	CLAM CHOW- DER 4 Corn Bread Roll Sweet Fruit OR Fruit	LASAGNA 5 Green Salad Garlic Bread Sweet Dessert OR Fruit
No Lunch 8 Dinner-5:30-6:45 Hamburgers or Rib Meal with salad, dessert and drink \$5 in advance \$6 at door	PARMESEAN ENCRUSTED TALAPIA 9 Rice Pilaf, Roll Vegetable Sweet Dessert OR Fruit	CHICKEN FETTUCINI ALFREDO 10 Vegetable, Roll Sweet Dessert OR Fruit	GRILLED CHEESE SAND- WICH 11 Carrot Salad Fresh Fruit Parfait OR Fruit	PORK CHOPS 12 Vegetable Apple Sauce Eclairs OR Fruit
NO LUNCH TODAY NEW CHEF IN MEETINGS 15	EGG SALAD SANDWICH 16 Chips Fresh Fruit Sweet Dessert OR Fruit	POT ROAST 17 Mashed Potatoes/ Gravy Vegetable Sweet Dessert OR Fruit	TURKEY PASTA CASSEROLE with 18 asparagus & ched- dar cheese Vegetable, Roll Sweet Dessert OR Fruit	CHICKEN STIR FRY 19 Rice Roll Sweet Dessert OR Fruit
NO LUNCH TODAY NEW CHEF IN MEETINGS 22	STUFFED CAB- BAGE 23 Salad Roll Sweet Dessert OR Fruit	BAKED FISH 24 Brown Rice Vegetable Roll Sweet Dessert OR Fruit	STROGANOFF 25 Noodles Vegetable Roll Sweet Dessert OR Fruit	CHILLI VERDE 26 Refried Beans Tortilla Sweet Dessert OR Fruit
COUNTRY FRIED STEAK 29 Mashed Potatoes/ Gravy, Vegetable Sweet Dessert OR Fruit	TURKEY CLUB SANDWICH 30 Waldorf Salad, Sweet Dessert OR Fruit			